



Holistic Health & Wellness Expo 2016

Don't forget to visit the cafeteria for more holistic practitioners!

Class & Presentation Schedule

Time	Presentation Classroom A	Presentation Classroom B	Mini-Class GYM 1	Mini-Class GYM 2
10:30 a.m. – 10:50 a.m.	"Trace Minerals, the Missing Link" Better Health Through Nutrition	"Eating to Thrive, A Paleo Approach" Birmingham Wellness Center	"Lifelines to Cancer Survival" Lifelines to Cancer Survival	"Love Yourself to Health and Wellbeing" Create By Vibration
11:00 a.m. – 11:20 a.m.	"Stroke Screening" Know Your Health Now	"Art Therapy" Art Soul	"Be Miracle Ready" Accept Me As I Am	"Belly Dancing" Natural's Playhouse
12:00 p.m. – 12:20 p.m.	"Muscle Testing for Health and Wellness" Dalton Holistic Health Center	"Learn How Acupuncture Can Reduce Pain" Beaumont Health System	"The Benefits of Counseling Services" Epiphany Counseling Services	"How to Use your Seleite Crystals to Strengthen your Aura" Ann Harmon
12:30 p.m. – 12:50 p.m.	"Natural Approaches to Pain Management" Advance Physical Medicine	"Mindful Practices with Eating" Inner Door	"Emotional Freedom Technique" Practical Practitioner	"Cranio-Sacral Therapy" Living Balance Center
1:00 p.m. – 1:20 p.m.	"Sugar, How It Affects Your Health" Natural Healing Center	"Food as Medicine" Going Pure Health Coaching	"The Relationship Between Chronic Pain and Food" Balance Health for Life	"Alexander Technique" Alexander Technique
1:30 p.m. – 1:50 p.m.	"Chakra/Energy Balancing" Rosemary A. Jozwiak & Associates	"30 Days to Healthy Living and Beyond" Arbonne International	"Thermography" "Chakra Balancing" The Mind Body Collective	"Choosing Inner Peace Instead of Stress and Pain" Metro Detroit Center for Attitudinal Healing
2:00 p.m. – 2:20 p.m.	"Food Comes With Clues" Sweet Potato Delights	"Beaumont's Integrative Medicine" Beaumont Health System	"Spine Care with One of Our Doctors" Claddagh Chiropractic	"Iridology" Nurtured by Mother Nature
2:30 p.m. – 2:50 p.m.	"How to Raise Children without Prescriptions" The Nutritional Healing Center of Ann Arbor	"The Benefits of Reiki Healing Treatments" Candle Wick Shoppe Reiki Healing Center	"Learn to Heal With Your Hands" Remote Healing GYM 3: "Yoga Nidra Meditation for Rest and Healing" Michelle Evangelista Yoga	"Essential Oils 101" Young Living Essential Oils GYM 3: "Daily Movements can Prevent Injuries, Surgeries" Health Quest Physical Therapies

Don't forget to visit the hands-only CPR sessions in the food court. Ongoing all day, in 15-minutes you can learn critical techniques that can save a life!

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Thank you to our sponsors!

Dr. Ronda
Dalton & The
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